**Name:**

**ICE Notes for TR**

**This template should guide you in taking notes and help you to write your “About Me” Power Point. You should not start the “About Me” Power Point without having his complete.**

**Interest Profiler (Learn About Yourself Tab)**

A. What were your work interest areas (2-3 only)?

(Possible choices are: Realistic, Investigative, Conventional, Artistic, Social, and Enterprising)

1.

2.

3.

B. What do these results mean? Explain how **you** are Realistic, Investigative, Conventional, Artistic, Social, and/or Enterprising. Don’t just copy and paste the descriptions from the [**www.ihaveaplaniowa.gov**](http://www.ihaveaplaniowa.gov)website.

1.

2.

3.

**Work Values Sorter (Learn About Yourself Tab)**

What were your top work values (2-3 only)?

(Possible choices are: Achievement, Independence, Recognition, Relationships, Support, and Working Conditions)

1.

2.

3.

B. What do these results mean? Explain how Achievement, Independence, Recognition, Relationships, Support, and Working Conditions is true for you.

1.

2.

3.

**Career Clusters Survey (Learn About Yourself Tab)**

A. What were your top 3 career clusters?

1.

2.

3.

**Career/Life Plan (after exploring 3+ careers)**

*What does your life look like 10-15 years from now?*

1. What is your career? *(This must be one of your 3 careers that you have researched above.)*
2. Where did you go to school and what degree did you attain?
3. Did you have to do any additional training or get any additional licenses in addition to your degree? If yes, what?
4. How much money do you make? (Be realistic!!)
5. Where do you live (city, state)?
6. What does your family life look like? (Kids, married, etc.?)
7. Why is this a good life plan for you?

**What I learned about myself** by doing these activities!

A. What did you learn about your career interests?

B. Did you learn anything you did not already know?

C. What is your next step in the career exploration process? (Ideas for this could be-College exploration, explore apprentice programs –DMACC is a good resource, etc.)